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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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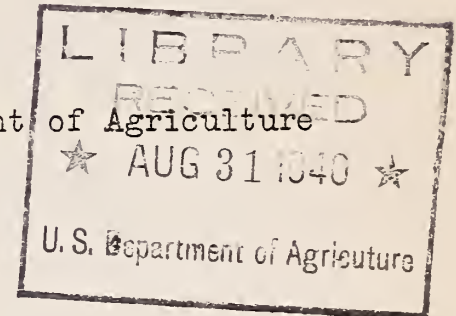
WASHINGTON, D.C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### LUNCH AT SCHOOL



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This year about one-fourth of the school children in America will have the opportunity of getting a hot lunch at school. And for a good share of these children this may mean better health records and better scholastic records, because their lunch will include foods needed in a well-balanced diet.

The idea of serving hot lunches to school children was started many years ago by teachers, parents, nutritionists, and civic groups--in cooperation with State and Federal agencies. When the children showed immediate gains in weight and took new interest in their school work, it was easy to see the benefits of giving them at least one square meal a day.

This year the school lunch program is expected to reach six million school children--children who cannot go home for a noon meal, or who would have no lunch if they did go home. Much of the food for these school lunches comes from farm surpluses, bought through the Surplus Marketing Administration of the Department of Agriculture to help improve selling conditions for farm products.

Local groups also take an active part in the program. One of their big jobs is to secure additional foods, since the surplus commodities alone will not make a complete meal. The local groups also provide the equipment for cooking and serving the food. And they arrange for labor, which in many cases is supplied







by the Work Projects Administration. The National Youth Administration also offers assistance in preparation of the lunches:

Many of the local groups working on school lunch projects need help in planning the menus to make sure that they are well-balanced in food values. The meals must provide the building materials for the soft tissues of the body, for sound teeth and bones, and for good red blood. At the same time, the foods must supply a source of energy for growing, active children.

According to the Federal Bureau of Home Economics, the ideal school lunch consists of one nourishing main dish, a glass or two of milk, fruit or vegetable in some form, bread and butter or a sandwich, and a simple dessert. The pattern of the meal varies according to the food value of the main dish. If the main dish is a cooked vegetable or a salad, the lunch should include a hearty sandwich. If a good deal of cereal is used in the main dish, the dessert will be fruit rather than cake or cereal pudding.

Getting down to cases, here's what the school lunch program means to many a boy in a rural area. He trudges several miles to school, often over snow-blocked roads. He brings his own lunch from home--but he can look forward to having an additional hot food at noon. It may be soup, cooked cereal, a hot vegetable, or perhaps cocoa. Whatever the hot dish is, it will make his lunch more enjoyable and more nutritious.

Or take a low-income city family. Breakfast, even for the children, is only bread and coffee--with no milk or fruit. So it's more than a treat for them to have meat loaf, vegetable stew, or eggs for lunch--with plenty of milk to drink. They especially enjoy the dessert, plain but good, such as stewed dried fruit, pudding, or fruit betty.

The school lunch program is a project that owes its success to cooperation between local groups and government agencies. Parents, teachers, and others







who contribute food or money or labor are doing their part to start young Americans on the road to good health. For, good nutrition during childhood plays an important part in good health all through life.

In many cases the children, themselves, do their share in making the school lunch program a success. They like to help in preparing the food. The boys often plant vegetable gardens in cities and villages, as well as in rural areas. The girls help in canning the vegetables for winter use.

In some communities where the school lunch program has not yet reached, there is an effort to improve the lunches brought from home. In one Wisconsin county, the county home agent and county nurse found that a school lunch demonstration for the mothers brought real improvement in the quality of the packed lunches. The lunch boxes included more milk, fruits, vegetables, and whole-grain bread.

More of the children brought their lunch in metal boxes, instead of in paper bags. And more often the foods were wrapped separately in paraffin paper. The children also learned to spread their lunch out on the table, and the noon meal became a period of promoting good manners as well as good nutrition.



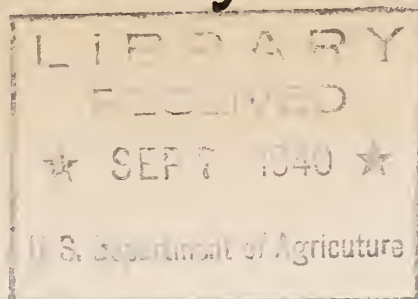




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## United States Department of Agriculture

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WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

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### POINTERS ON PICKLES

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Before the first frost warning, wise homemakers plan to fill their last empty jars with pickles and relishes. They know that these accessories never appear on a chart of food values. But they find that pickles and relishes lend a tangy flavor to bland winter meals, and they offer a good way to use up the last of the garden surplus.

There's an old saying that "It is not everyone who can pickle well." Today, as in olden days, it requires care and patience to make successful pickles and relishes. But science now explains the hows and whys of making pickles. Along this line, the Federal Bureau of Home Economics offers suggestions about the ingredients to be used in pickling at home.

The first important point is to choose fresh, high quality fruits and vegetables. When they are to be used whole, have the fruits and vegetables of uniform size so the pickling liquid will season them evenly.

See that your spices are of the very best quality. Those left from last year will not have full flavor, unless they have been kept in airtight containers.

Good quality, fresh vinegar is best; and cider vinegar has the most flavor. For most pickles you'll want granulated sugar rather than brown sugar. Use common salt in making a salt brine. You cannot get good results with salt that has chemicals added to keep it from "caking" in damp weather.







### Brined Pickles

The brining process is used for making many different kinds of pickles -- that is, the vegetables are first cured in a salt brine. After they come out of the brine, you can make them up into juicy dills, rich green sweet-sours, yellow mustards, or spicy mixtures of vegetables.

Many homemakers use the "long brining" process with a 10 percent solution of salt. Although this process takes from four to eight weeks, it gives the pickles an excellent flavor and there is no danger of spoilage. You can even put different whole vegetables in the brine as they come in season. Then when they are cured, soak out most of the salt solution -- and make the vegetables into sour pickles, sweet pickles, mustard pickles, chowchow, or whatever you like.

Or you can use the "short brining" process for cucumbers and green tomatoes when herbs, such as dill, are added for flavor. In this process a weaker salt solution is used, and the lactic acid bacteria on the vegetables have a chance to grow. These bacteria are the beneficial kind that cause fermentation -- just as in making sauerkraut. The fermented pickles have a pleasing flavor all their own.

### Quick Process Pickles

You can also make pickles by the quick or "overnight" process when you are in a special hurry. Have your cucumbers sliced or chopped, and salt them down overnight to draw out the juice. The next day, combine the pickles with hot vinegar and spices. Pack at once into sterilized jars, seal, and store in a cool place.

### Relishes

The over-popular relishes make up another class of pickles. One type of relish is made from chopped vegetables in various combinations -- spiced and cooked down to a thick sauce. The vegetables may be sweet red peppers, sweet green peppers, tomatoes, celery, cabbage, onions, corn, beets, or carrots.







Catsup and chili sauce also belong in the class of relishes. They are made by the same method, except that the vegetables for catsup are strained after they are cooked. In making catsup or chili sauce, tie the spices in a cheesecloth bag, to keep them from darkening the bright-colored mixture.

Chutneys are another form of sweet-sour relish made originally of tropical fruits in the East Indies. The American version features apples or peaches and is just as good a spicy accompaniment for our roasts and chops as for an oriental curry.

### Pickled Fruits

Pickled peaches, pears, crabapples, and other fruits belong in still another category. They are made in much the same way as preserves, except that the sirup is sweet-sour.

Here is a recipe for pickled pears or crabapples that has been worked out in the Federal Bureau of Home Economics.

#### Pickled Pears or Crabapples

8 pounds prepared fruit	10 two-inch pieces stick cinnamon
4 pounds sugar	2 tablespoons whole cloves
1 quart vinegar	2 tablespoons whole allspice
1 pint water	More spice, if desired

Seckel pears. Wash the pears, leave on the stems and scrape off the blossom ends. Boil the pears for 10 minutes in water to cover, and pour off the water. Prick the skins of the pears. Boil for 5 minutes the vinegar, water, sugar, and spices tied loosely in cheesecloth. Add the pears and boil for 10 minutes or until they are tender. Allow the fruit to stand in the sirup overnight. Drain, remove the spice bag and pack the pears in sterilized jars. Bring the sirup to boiling, pour over the fruit, seal, and store in a cool place.

Kieffer pears. Wash the pears, pare, cut in half or quarters, and remove hard centers and cores. Boil the pears for 10 minutes in water to cover. Use 1 pint of this water to dilute the vinegar for the sirup. Finish in the same way as Seckel pears.

Crabapples. Follow the directions for Seckel pears, except omit cooking in the water and pricking the skin of the fruit.



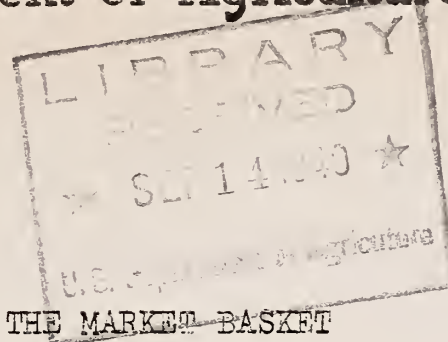




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WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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GRAPES  
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From one end of the country to the other, grape production is expected to be good this year. Soon the markets will be filled with baskets of this refreshing fruit.

From California come the European type grapes, those with skins that cling to the pulp. One of the most popular of the table varieties from California is the tiny, green Thompson Seedless. Then there is the large, meaty Malaga with its purple skin. The red Flame Tokay and the Emperor are also in season now.

The California grapes were carried to the Pacific coast by the early missionaries from Europe. And these vines now produce three types of grapes -- besides the table grapes, there are the wine grapes of commerce and the raisin type grapes.

The slip-skin grapes that grow east of the Rocky Mountains have an entirely different history. The roots for many of the standard varieties are from native American vines that grew wild along the coast when the colonists first came to the New World. These slip-skin grapes have been cultivated in vineyards, but large quantities of wild grapes also grow in tree tops and along the roadsides.

The Concord is the best known of the slip-skin grapes. But there are other varieties such as the Catawaba, Moore Early, Worden, Niagara, and Delaware. And in the south there are also the muscadine or "berry" grapes.







When it comes to picking grapes in the market, look for plump, firm fruit. If the grapes are for table use, make certain that they do not drop off the stems at the slightest touch. Avoid grapes that are moldy and wet. Also be on the lookout for fruit that has been injured by frost, as indicated by soft flabby fruit.

Eating grapes fresh is the best way to enjoy their rich flavor. A seasonal dessert, with the autumnal touch, would be a bunch of red or purple grapes on a plate with a yellow pear or a late rosy-checked peach. And for a centerpiece that's good to eat as well as good to look at, there's nothing better than green, red, and purple grapes heaped high in a fruit bowl.

Varieties of grapes from the Pacific coast are on the market most of the year. But the slip-skin season is short, so many homemakers preserve these grapes for winter use. They make them into flavorful grape juice, tart grape jelly, spicy grape butter, and rich grape jam.

Grape juice and grape jelly are easy to make, but the formation of crystals sometimes presents a problem. These cream of tartar crystals are perfectly harmless, but their gritty texture often mars the perfection of a homemade grape product.

An easy way to avoid these crystals is to strain the grape juice and then let it stand overnight in a cool place. The next day, carefully dip out the juice and strain it a second time. Of if you're making jelly, there will be no chance for crystals to form if you combine the grape juice with the juice from another fruit, such as apples.

Grape conserve is an aristocrat in the family of grape products. It has a rich flavor, and nuts and raisins give it a chewy texture. Here is the recipe that has been worked out by the Federal Bureau of Home Economics:







### Grape Conserve

Use slip-skin grapes such as the Concord. Wash and drain the grapes and then remove them from the stems. To 4 pounds of the prepared grapes allow 2 pounds of sugar, 1 cup of seedless raisins, 1 orange, 1 cup of nut meats, and 1 teaspoon of salt.

Slip the skins from the grapes and keep them separate from the pulp. Peel the orange and discard the seeds. Chop the orange pulp and peel fine. Also chop the nuts fine.

Boil the grape pulp, stirring constantly, for about 10 minutes, or until the seeds show. Press through a sieve to remove the seeds. To the grape pulp add the sugar, the raisins, the orange, and the salt. Boil rapidly, stirring to prevent scorching, until the mixture begins to thicken. Add the grape skins and boil for 10 minutes longer or until somewhat thick. Stir in the chopped nuts, pour at once into hot sterilized jelly glasses or glass jars, and seal.

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## United States Department of Agriculture

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U.S. Department of Agriculture

WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### CABBAGE AND KRAUT

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"The time has come to talk of cabbages and kinds," said the Walrus in the story of Alice in Wonderland. But right now, it's a lot more practical to talk of cabbages and kraut. For there is a good crop of late cabbage this year, and that means a good share of it will be used for sauerkraut.

Much of the sauerkraut is now made commercially, and sold either in bulk or in cans of convenient size. But farm families also make sauerkraut for home use during the winter. In fact, there are many who claim that there is nothing better than homemade sauerkraut with fresh pork.

Yet there are homemakers who prepare sauerkraut year after year, without really understanding what happens to the cabbage when it becomes kraut. Chemists in the United States Department of Agriculture explain that the salt, which is mixed with the shredded cabbage, draws out the juice which contains sugar. Then the bacteria ferment the sugar and form lactic acid; and the kraut takes on its distinctive flavor and texture.

When sauerkraut is not made correctly, there is a chance that other types of bacteria will also grow and cause the kraut to spoil. So sauerkraut making is a process of helping one kind of bacteria to grow and preventing other kinds from developing.







It was once the custom to keep the sauerkraut in a crock or barrel in the cellar. But the modern way is to use glass jars that hold just enough kraut for a single meal, explains Harry E. Gorseline, bacteriologist in the Bureau of Agricultural Chemistry and Engineering. If you have the sauerkraut in glass jars, there is no need to waste the top layer that turns soft and brown in an open crock or barrel.

Jars with glass lids, that clamp down, are preferred. The salt in sauerkraut will corrode metal lids.

If there is a cool storage place and the sauerkraut is to be used during the winter, you can make the kraut right in the jars. Mix the shredded cabbage with the salt -- 4 ounces of salt to 10 pounds of cabbage -- and pack it into the jars. Place the rubbers and lids on the jars, but do not seal tightly. Have an enamel pan under the jars to catch the juice that bubbles out. Let the kraut stand for two or three days until there is good gas formation. Then pour the juice back, and seal the jars. Allow the kraut to ripen for a month or six weeks, and then it is ready to serve.

When sauerkraut is to be kept until summer, it's best to make it in a crock or barrel and later put it in jars. Let the kraut ferment for about 10 days and it will be ready for canning. Have the sauerkraut thoroughly hot, and then fork it into the jars. Put the rubbers and lids on the jars, but do not seal. Place the jars in a bath of boiling water and continue heating for about 5 minutes, until the water returns to boiling. Then seal the jars and continue heating them in the water bath-- 10 minutes for quart jars, and 15 minutes for two-quart jars.

There's a modern trend in cooking sauerkraut, too. Many cooks prefer to cook kraut like other vegetables -- for only a short time. Panning is a convenient and quick method. Simply place the kraut in a frying pan with some hot fat, cover, and cook for about 5 minutes. Add celery seed or caraway seed to make a really savory dish.







Another method is to cook the sauerkraut in a covered pan with a very tart apple chopped and mixed with the kraut. Tuck some frankfurters into the sauerkraut and cook until the "wienies" are piping hot all through.

In many localities there are other traditional ways to serve sauerkraut. Some like it especially well with turkey, goose, and other poultry. Other cooks put the sauerkraut in a baking dish with a layer of spareribs over the top, and heat in a moderate oven -- turning the spareribs to get them cooked through and brown on both sides. Others serve sauerkraut with loin or shoulder of pork. Another idea is to scallop the sauerkraut with macaroni and cooked sausages or bits of ham.

The story of sauerkraut is not complete without a mention of its food values. Kraut is a fairly good source of minerals, especially calcium; and it usually contains some vitamin C. Short cooking or panning is the best way to retain this vitamin C. The sauerkraut juice, which commercial canners put up separately, also contains a good share of the minerals.

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